

Cultural Competence Checklist: **Personal Reflection**

Ratings:

- 1 Strongly Agree
- 2 Agree
- 3 Neutral
- 4 Disagree
- 5 Strongly Disagree

This tool was developed to heighten your awareness of how you view clients from culturally and linguistically diverse (CLD) populations. There is no answer key; however, it will be important for you to review those responses which you rated "5" and "4", even "3".

- ☐ I treat all of my clients with respect for their culture, even though it may be different from my own.
- ☐ I do not impose my beliefs and value systems onto my clients, their family members or friends.
- ☐ I believe that it is acceptable to speak a language other than English.
- ☐ I accept my clients' decisions as to the degree to which they choose to acculturate into the dominant culture.
- ☐ I have no problems accepting and providing services to clients who are GBLT (Gay, Lesbian, Bisexual, or Transgendered).
- ☐ I am driven to respond to others' insensitive comments or behaviors.
- ☐ I do not participate in insensitive comments or behaviors.
- ☐ I am aware that the roles family members play may differ between or by culture.
- ☐ I recognize family members and other designees as decision makers for services and support.
- ☐ I respect non-traditional family structures (e.g. divorced parents, same gender parents, grandparents as caretakers, etc).
- ☐ I understand the difference between a communication disability and a communication difference.
- ☐ I understand that most people who have limited English skills and/or accents:
 - ☐ Have the same intellectual capacity as anyone else
 - ☐ May be very capable of communicating clearly and effectively in their native language

- I understand how culture can impact child-rearing practices in:
- | | |
|---|--|
| <input type="checkbox"/> Discipline | <input type="checkbox"/> Dressing |
| <input type="checkbox"/> Toileting | <input type="checkbox"/> Feeding |
| <input type="checkbox"/> Self-help skills | <input type="checkbox"/> Expectations for the future |

- I understand the impact of culture on life activities, such as:
- | | |
|---|---|
| <input type="checkbox"/> Education | <input type="checkbox"/> Family roles |
| <input type="checkbox"/> Religion | <input type="checkbox"/> Gender roles |
| <input type="checkbox"/> Alternative medicine | <input type="checkbox"/> Customs or superstitions |
| <input type="checkbox"/> Employment | <input type="checkbox"/> Perception of time |
| <input type="checkbox"/> Views of wellness | <input type="checkbox"/> Views of disabilities |
| <input type="checkbox"/> The value of Western medical treatment | |

- I understand my clients' cultural norms may influence communication in many ways, including:
- | | |
|---|---|
| <input type="checkbox"/> Eye contact | <input type="checkbox"/> Interpersonal space |
| <input type="checkbox"/> Use of gestures | <input type="checkbox"/> Comfort with silence |
| <input type="checkbox"/> Turn-taking | <input type="checkbox"/> Topics of conversation |
| <input type="checkbox"/> Asking and responding to questions | <input type="checkbox"/> Greetings |
| <input type="checkbox"/> Interrupting | <input type="checkbox"/> Use of humor |



While several sources were consulted in the development of this checklist, the following documents inspired its design. Goode, T. D. (1989, revised 2002). Promoting cultural and linguistic competence self-assessment checklist for personnel Providing services and supports in early intervention and childhood settings.